



Risotto with Edamame

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 8 servings balsamic vinegar
- ☐ 5.5 cups broth
- ☐ 1 tablespoon butter
- ☐ 0.5 cup chicken stock see hot
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cups edamame frozen shelled
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion diced finely

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 8 servings parmesan cheese freshly grated
- ☐ 8 servings pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced

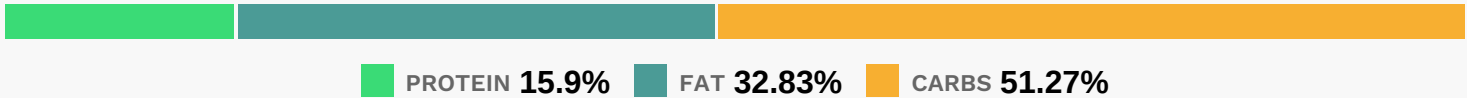
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a heavy skillet, and saut onion and shallots for about 6 minutes or until golden.
- ☐ Add rice, and stir to coat 1 minute more.
- ☐ Add wine; stir well.
- ☐ Add edamame, hot chicken stock, and salt. Cook until nearly all liquid is absorbed, stirring constantly.
- ☐ Add 5 1/2 cups broth (1/2 cup at a time), stirring constantly until each portion is absorbed before adding the next. (Rice should be creamy but al dente.)
- ☐ Remove from heat, add butter and 1/3 cup freshly grated Parmesan cheese; stir well. Season with freshly ground pepper. Top each serving with more cheese and a drizzle of balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:34.18, Inflammation Score:-7, Nutrition Score:13.763043471005%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 461.24kcal (23.06%), Fat: 16.19g (24.9%), Saturated Fat: 6.81g (42.54%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 53.53g (19.47%), Sugar: 6.22g (6.91%), Cholesterol: 33.94mg (11.31%), Sodium: 1428.33mg (62.1%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 17.64g (35.28%), Calcium: 346.67mg (34.67%), Manganese: 0.63mg (31.61%), Folate: 123.17µg (30.79%), Selenium: 20.01µg (28.58%), Phosphorus: 281.78mg (28.18%), Vitamin B1: 0.31mg (20.57%), Iron: 3.56mg (19.77%), Zinc: 2.13mg (14.19%), Vitamin A: 684.9IU (13.7%), Fiber: 3.34g (13.38%), Vitamin B3: 2.37mg (11.83%), Potassium: 351.55mg (10.04%), Vitamin B2: 0.16mg (9.62%), Vitamin B6: 0.16mg (8.14%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.46µg (7.74%), Magnesium: 30.21mg (7.55%), Copper: 0.14mg (7.15%), Vitamin E: 0.73mg (4.86%), Vitamin K: 3.16µg (3.01%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.17µg (1.14%)